



Press Release/Public Service Announcement

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FOR IMMEDIATE RELEASE
3:30 P.M., May 23, 2010

SPAR'S 2010 SUMMER TRACK & FIELD PROGRAM

SHREVEPORT, LA, March 23, 2010: Shreveport Public Assembly & Recreation (SPAR) Athletics Division has scheduled an organizational meeting for the upcoming SPAR Summer Track & Field Program at 4:00 PM on Sunday, April 11, 2010 at the Wildwood Park office located on 7401 Jewella Avenue (next to Westwood Elementary School). The program will be directed by LaMark Carter, a 2000 Olympian and graduate of Captain Shreve High School and Northwestern State University.

The program, which is designed for ages 9 - 19, is in its fourth year and will be held at Lee Hedges Stadium. Coaching will be provided in both track and field events. Instructional areas include warm-ups, stretching, conditioning, plyometrics, mechanics, tactics and strategy for sprints; mechanics & techniques for long jump (hang or hitch-kick styles, approach run, take-off, actions in the air, and landing).

The program will run from April 20 through July 11, 20010.

Participation is free. However, registration is required.

Additional details will be provided at the meeting.

For more information please contact Calvin Jones,
Superintendent of Athletics at 213-0433 or visit www.myspar.org and
click on "Athletics".